Anchor & Restore

The Self-Awareness Journal

A 7-DAY REFLECTION GUIDE

Use this guide to reflect on real-life situations throughout the week. Each day has a theme to help you focus your reflections. Use the questions on the next page to guide your thinking. You can write your responses in your own journal or notebook.

DAY 1

Notice the bigger picture

AWARENESS – NOTICING PATTERNS IN MY EVERYDAY LIFE

Think about a recent situation where you noticed a behaviour you want to change. Use the reflection questions to explore what happened, what you were thinking and feeling, how you responded, what you were trying to protect or achieve, and what you could do differently.

DAY 2

Understand what triggers me

TRIGGERS – UNDERSTANDING WHAT SETS ME OFF

Reflect on what tends to trigger strong emotions or unhelpful reactions. Consider the situations, people, thoughts or environments that tend to bring out certain behaviours in you.

DAY 3

Explore what I feel

EMOTIONS – EXPLORING WHAT I FEEL AND WHY

Take some time to notice and name your emotions. Consider what you were feeling in a recent situation, where you felt it in your body, and what those emotions might be trying to tell you.

DAY 4

Reflect on my relationships

RELATIONSHIPS – HOW I SHOW UP WITH OTHERS

Think about a recent interaction with a family member, friend, colleague or someone else. Consider how you showed up, what influenced your behaviour, and the impact it may have had on the other person.

DAY 5

Notice my self-talk

SELF-TALK – NOTICING HOW I SPEAK TO MYSELF

Reflect on the way you spoke to yourself in a recent situation, especially in challenging moments. Consider whether your self-talk was kind, balanced and helpful, or harsh and critical.

DAY 6

Consider my choices

CHOICES – MAKING INTENTIONAL DECISIONS

Think about a recent choice you had to make, either big or small. Consider what influenced your decision, how it aligned (or not) with your values, and how you felt afterwards.

DAY 7

Look back and move forward

GROWTH – LOOKING BACK AND MOVING FORWARD

Take time to reflect on the week. Consider what you have noticed about yourself, any patterns that have emerged, and what you are proud of. Think about what you want to take forward.

Reflection Questions

Use these questions each day, with the day's theme in mind.

1. **What happened?**
   What was the situation? Where were you? Who was involved?
2. **What did I think and feel?**
   What thoughts went through your mind? What emotions did you notice?
3. **How did I respond?**
   What did you say or do in the moment?
4. **What was I trying to protect or achieve?**
   What need was I trying to meet? What might have been underneath my reaction?
5. **What could I do differently?**
   If this or a similar situation happens again, what would be a more helpful response?

Weekly Reflection

At the end of the week, take a few minutes to reflect on the bigger picture.

- What patterns did I notice about my thoughts, feelings or behaviours?
- When did I respond in a way I feel proud of?
- What felt most challenging?
- What is one key insight I want to take forward?
- What is one small change I want to focus on next week?

Homework

Complete one reflection each day (or as many as you can) using the questions above. Write your notes in your own journal or notebook.

Get in touch

Ask any questions or request a consultation.

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